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Stop in and see us at:

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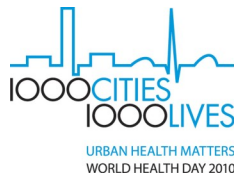
Did you know that by adding 2000 additional steps (1 mile) you will burn an average of 100 calories per day? That's about 10 lbs of weight over the whole year. And according to the American Heart Association, just 30 minutes of moderate physical activity will help reduce your risk of coronary heart disease and improve your blood pressure, blood sugar levels, and cholesterol.

Stop into Northern Rehab today for your FREE pedometer!



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World Health Day: April 7th, 2010



World Health Organization (WHO) started World Health Day in 1950, to celebrate the founding of their organization.

Every year, WHO selects a theme that emphasizes their priority area of concern. This year will be "1000 cities – 1000 lives"

focusing on urbanization and the health of cities. WHO's global goals include the 1000 cities: opening up public spaces



for health activities and the 1000 lives: collecting 1000 stories of people in urban areas who have an active impact on health in their cities. If you want to find out if your city is involved in this year's World Health Day you can go onto www.who.int/world-health-day.

Spring Cleaning Safety!



Spring has historically been the time of year when most homes are in need of and receive a deep, organizing clean and the potential fix-it-yourself project. All the scrubbing, carrying, lifting, climbing and trimming can lead to injuries at home. The Home Safety Council states that there are more than 21 million medical visits each year as a result of home injuries. When cleaning, particularly scrubbing and wiping, people tend to use their dominant hand only. Use both hands and try to get your movement from your whole body to avoid over-stressing specific joints.

Clean Safely

Many cleaning activities require bending and lifting. If you are going to be in a crouching or a kneeling position for a long period of time, use a small stool to sit on or a pillow to kneel on. While lifting heavy objects make sure that you plan your lift. Always bend at the knees and never at the back. Use your legs when lifting and avoid twisting during loading. Make sure to keep the object close to your body and ask for help when the task will over-stress your body.

Climbing a ladder is necessary for cleaning out the gutters, painting and trimming trees. Proper ladder use is essential to prevent falling injuries. The American Academy of Orthopaedic Surgeons states that over 500,000 people misuse ladders and require medical attention every year. Be aware of the following when using a

ladder. The ladder's base should be on a solid, level surface. Move the ladder close to the area to be worked on to avoid leaning and reaching. And always make sure that someone is home while you are using a ladder.

What do I do if I've sustained an injury?

If you have strained a muscle, whether it is in your lower back or in your upper or lower extremities, take a break immediately to rest and ice the injury. Remember that physical therapy can help to reduce the pain and retrain the muscles to function properly. If you are reading our ladder safety tips a little too late, do not ignore any injuries. The more quickly you address an injury, the more likely your rehabilitation time will be shorter.

So if pain persists, consider a consultation with a Northern Rehab physical therapist.